

Senior Center Gazette

November

2002

Holiday Boutique, Friday November 1, 10 am-2:30 pm.

Shop for wonderful gifts and decorations for the Holiday Season made by our own Senior Center Crafts Classes and other generous donors. Looking for a special necklace of the finest crystals, lovely quilted items, or wood products and toys? Our Crafters, Quilters, and Woodcarvers make terrific products. Shop at the Holiday Boutique for special gifts to be treasured by your family and friends.



Diwali – the Festival of Lights November 12 – 10:30 a.m. & Lunch at Noon

DIWALI is one of the most important festivals of India. Diwali is celebrated for a period of several days and there are various ceremonies where young and old get together in their colorful costumes presenting their best cultural talents. Diwali is a fun-festival of music, arts, dances, drama, and also food, with glittering lights and a display of fireworks.

The celebration of this festival dates back thousands of years. Indian Scripture – “Ramayan” gives an extensive account of Godly King Rama of Ayodhya. During his time away from his fourteen long years away from his kingdom, he dwelled among common people of his country. He offered them needed succor and spiritual strength. Ultimately, he has an encounter with the evil king, named Ravana, who had long tormented the people around him. Rama subdues Ravana and freed all of the people from terror. He returned to Ayodhya. Then followed the festivities, celebrating the eternal law of the Universe—the triumph of Good over Evil. This is the central dimension of Diwali.

Veteran’s Day Celebration, Friday, Nov. 8, 11 a.m.

The Heroes of 76, Building the American Flag

A history of the American Flag is presented by four men in the uniforms of the Continental Army worn during the American Revolution. The presenters all served as commissioned Officers in the Armed Forces of the



COMMUNITY SERVICES	
SENIOR SERVICES	574-2050
Coordination of services for homebound seniors	
Companions for Life (Medical Alert Program)	
Local van group trips for shut-ins	574-2082
Tri-City Elder Coalition	574-2064
LIFE ELDERCARE	574-2090
Caregivers Support	574-2035
Home Services Registry	574-2095
Meals on Wheels	574-2092
Friendly Visitor Program	574-2097
TRANSPORTATION ASSISTANCE	
City of Fremont Paratransit Program	574-2053
East Bay Paratransit Program	1-800-555-8085
HOUSING ASSISTANCE (OFFICE OF NEIGHBORHOODS)	494-4500
LEGAL ASSISTANCE FOR SENIORS	1-800-393-0363
SOCIAL SECURITY	1-800-SSA-1213
MEDICARE	1-800-952-8627
MEDICARE & INSURANCE COUNSELING (HICAP)	839-0393
TRI-CITY HEALTH CLINIC	713-6685
SENIOR LIBRARY SERVICES	745-1499 or 745-1491
SENIOR PEER COUNSELING	574-2063
ALZHEIMER ASSOCIATION HOT LINE	1-800-660-1993

United States or an allied nation. This stirring presentation includes a discussion how and when each of the original 13 colonies came into the union. It goes further to explain the significance of the colors, stars and stripes, and the evolution of the flag from the Continental Flag, the Betsy Ross Flag and the Star Spangled Banner.

Birthday Party! Friday, November 8, 1:30 p.m.

Join in the festivities of our November Birthday Party. Country and Western entertainment by the Over the Hill Band. Even if November is not your birthday month, come to enjoy the music and fun. Birthday cake, ice cream, and coffee will be served in the dining room. Prizes will be awarded in a drawing of the names of seniors present who have birthdays in October. Prizes have been donated by Kathy’s Floral Design in the Walnut Plaza, Retirement Inn, Rose’s Mortuary, and the Builder’s Fund, which also provides the entertainment.



Thanksgiving Lunch and Dinner Celebration, Thursday, November 26



Come at lunch or dinner for a traditional Thanksgiving meal with all of the delicious trimmings. Share this

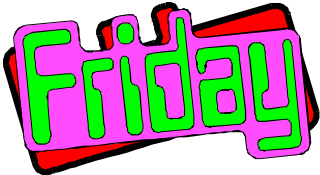
Thanksgiving event and a day of thanks with our wonderful senior family.

November Speaker Tuesday, November 12, 1:00 p.m.

Alise M. Mayeda, New York Life Insurance, “Helping to Reduce Taxes on Social Security Benefits”.

Gardening Club Meeting – November 1, 2:30 pm

The new Gardening Club will meet on the first Friday of each month at 2:30 p.m. Please come to our first and second meetings on Nov. 1 & Dec 6, 2:30 p.m., and help us get organized.



52 Fabulous Fremont Fridays

52 Fabulous Fridays are in every year! We intend to make Senior Center Fridays special for you. To get started: First Fridays will be special events like the Holiday Boutique, entertainment or films. Second Fridays are the birthday parties. Third and Fourth Fridays are special entertainment like “Tom Patrick Sings” and Sing Along to Musicals live “The Sound of Music” and “White Christmas.” Fifth Fridays are movies – classical or current. The Humphrey Bogart Film Festival will begin in January. Send us your suggestions for movie screenings. And read your calendar for Fabulous Friday events!



The City of Fremont does not discriminate on the basis of disability. Reasonable auxiliary aids are provided upon request to persons with disabilities to afford equal opportunity to services, programs, and activities. Inquiries may be forwarded to the Director of the Human Services Department, P.O. Box 5006, Fremont, CA 94537, (510) 574-2051 or (510) 574-2040.